

# CONNECTION

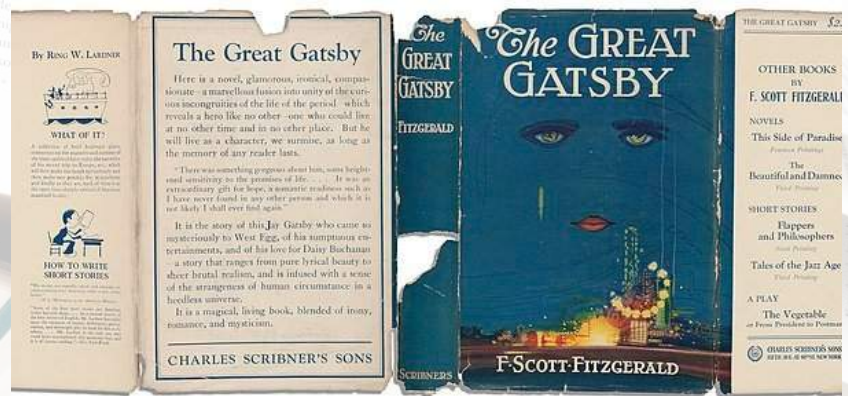
Sharing the day-to-day learning experience  
at

Community Homes & Services  
PO Box 744, Novato CA 94948  
415-408-3604

[www.communityhomesandservices.com](http://www.communityhomesandservices.com)

## NATIONAL BOOK MONTH

Reading has so many benefits! Brain scans have shown that while reading, and for days afterward, brain connectivity increased, especially in the somatosensory cortex, the part of the brain that responds



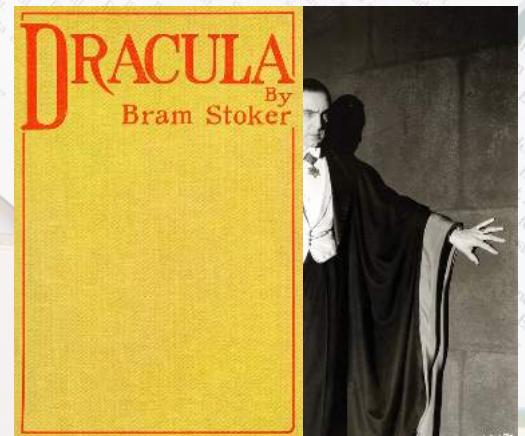
to physical sensations like movement and pain. The National Institute on Aging recommends reading books and magazines as a way of keeping your mind engaged as you grow older.

On January 1, 2021, copyrighted works from 1925 entered the US public domain, where they are **free** for all to use. These works include F. Scott Fitzgerald's *The Great Gatsby*, Virginia Woolf's *Mrs. Dalloway*, and Ernest Hemingway's *In Our Time*.

**Free ebooks at Project Gutenberg:** <https://www.gutenberg.org/>

Here are some other books in the public domain:

- *Frankenstein* by Mary Wollstonecraft Shelley
- *Alice's Adventures in Wonderland* by Lewis Carroll
- *Dracula* by Bram Stoker
- *The Adventures of Tom Sawyer, Complete* by Mark Twain
- *Grimms' Fairy Tales* by Jacob Grimm and Wilhelm Grimm
- *A Christmas Carol* by Charles Dickens
- *The Call of the Wild* by Jack London
- *The Legend of Sleepy Hollow* by Washington Irving





# OCTOBER 2021 NATIONAL DAYS

National Book Month

National Dental Hygiene Month

Down Syndrome Awareness Month

- 10/1 - National Poetry Day
- 10/4 - National Taco Day and World Animal Day
- 10/6 - National Noodle Day
- 10/11 - Indigenous Peoples' Day
- **10/13 - National Fossil Day**
- 10/15- National Mammography Day
- 10/16 - National Feral Cat Day and World Food Day
- **10/20 - International Sloth Day**
- 10/21 - **International Day of the Nacho** and **National Reptile Awareness Day**
- 10/22 - International Caps Lock Day
- 10/28 - National Immigrants Day
- 10/31- Halloween



If you were a flavor,  
what flavor would you be?

- Phoebe - strawberry
- Bruce - mango
- Iris - strawberry
- Darnell - maple
- Nino - vanilla
- Martha - strawberry
- Zachary - cookie dough
- Randall - rocky road
- Andrew - chocolate
- Val - strawberry
- Steve - strawberry
- David F. - chocolate
- Joe - lemon
- Bert - vanilla
- Jen- salted caramel
- Katie - chocolate mocha
- Courtney - mint chocolate chip
- Adara - chocolate chip
- Zayde - green apple
- Mike - chocolate
- John - chocolate
- David G. - chocolate
- Cat - strawberry



Check out  
the CH&S  
online class  
schedule

[http://communityhomesandservices.com/whats\\_new.html](http://communityhomesandservices.com/whats_new.html)

# Down Syndrome Awareness Month

According to the Centers for Disease Control (CDC), Down syndrome is a condition in which a person has an extra chromosome. Chromosomes are small “packages” of genes in the body. They determine how a baby’s body forms and functions as it grows during pregnancy and after birth.

Typically, a baby is born with 46 chromosomes. Babies with Down syndrome have an extra copy of chromosome 21. This extra copy changes how a baby’s body and brain develop. The medical term for having an extra copy of a chromosome is *trisomy* and Down syndrome referred to as *Trisomy 21*.

**Sujeet Desai plays seven instruments and is the first musician with Down syndrome to play at Carnegie Hall.**



Sujeet Desai at Carnegie Hall in 2015. Brian Killian/Getty Images

<https://www.insider.com/people-with-down-syndrome-breaking-barriers#sujeet-desai-plays-seven-instruments-and-is-the-first-musician-with-down-syndrome-to-play-at-carnegie-hall-4>

Even though people with Down syndrome might sometimes act and look similar, each individual has different abilities—as we well know!

According to the website Touchdown 21, Sujeet Desai (above right) is an award-winning athlete (alpine skiing, cross-country skiing, and bowling) and can play 7 musical instruments!



<https://www.newsbreak.com/news/2130535816629/michigan-teen-with-down-syndrome-is-a-successful-elvis-tribute-artist>

Check out 17-year-old Elvis tribute artist Liam Doyle (above). Professional Elvis impersonators work all over the world as entertainers. Contrary to popular belief, Elvis impersonators have existed since the mid-1950s, just after Presley himself began his career!



And here, of course, we have to mention CH&S's Fred Waitt III (above) whose Elvisness far transcended mere impersonation on so many levels, for so many years. RIP, King, and thank you, thank you very much, thank you!



Fred rules at the Sonoma County Fair circa 2002!



# Sunny & The Witch

*A short story by Joe Readell*

Sunny walked down the street and a pack of zombies frantically scattered to let her through. A mummy, stiff-legged with arms outstretched, caught sight of her and yelped. Sunny had this effect on people, even when it wasn't Halloween, and she knew why: she was a black cat. Everybody said she was bad luck.

She had always dreamed of being adopted by a nice family. She'd heard many wonderful stories from her friends who'd left the alley cat life behind. The tales of regular meals, toys to play with, and warm laps in which to lay were enough to keep Sunny's spirit up day after day. But no matter how she'd tried, no matter how friendly she was to everyone whose path she crossed, she'd never been taken in. Eventually she began to believe she really must be bad luck after all.

Halloween was a tough time of year to be an alley cat. It was almost as scary as the 4th of July. The ghosts and ghouls were unpredictable as they roamed the usually-empty streets, and the usually-plain front yards were littered with headstones and vampire bats and scary grimacing pumpkins. Sunny was relaxing after her run-in with the mummy in one such yard when a little witch came strolling down the sidewalk. Sunny ran for cover under a parked car, but it was too late. She'd been spotted.

"Mommy there's a black kitty under there!" the little witch yelled as she ran towards Sunny's hiding place.

"We'd better leave it alone, honey," the witch's mom said. "Black cats are bad luck."

"Nuh uh, my teacher said black cats are good luck for witches!" At this, Sunny emerged slowly from under the car and brushed against the little witch's striped leg.

"Well we have been talking about getting you a cat. But don't you want one from the pet store? Maybe a prettier one?" The witch's mom said. The little witch scooped Sunny up into her arms and held her close.

"There's no prettier kitty than this one."

Sunny fit right in at home with the little witch and her mom. They gave her plenty of food, played with her every day, and slid her soft bed into the sunlight during the afternoon. At night Sunny would slink into the little witch's bedroom and find the cozy place in the crook of her arm. They'd drift off to sleep together thinking about how lucky they both were.

# Sorting and Matching Skills

Sorting is a foundational skill. The ability to discriminate between the characteristics and attributes of objects and to group them into a variety of categories is a building block for learning. Sorting activities are practical—we need to master sorting to load the dishwasher, put away dishes, sort laundry, put away our clothes, organize our rooms/work areas, and more. Sorting helps develop important brain skills that help with memory, attention and problem-solving. These contribute to stronger executive function skills.



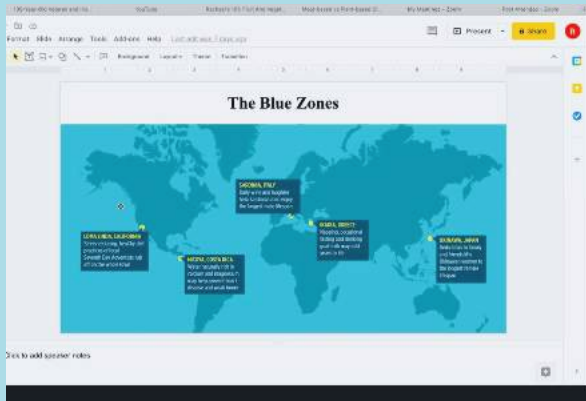
Did you know that people used to carve turnips, not pumpkins for Halloween?



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# Nutrition, Health & Longevity



Russell taught us about the diets and life styles of people who live in Blue Zones.

"Blue Zones"?

Blue Zones are regions of the world where a higher than usual number of people live much longer than average. The five "Blue Zones" are: Okinawa (Japan); Sardinia (Italy); Nicoya (Costa Rica); Icaria (Greece); and Loma Linda, California. We looked into why these populations live healthier and longer lives than others. Check out the diets and lifestyles of these long-lived people:

- **Icaria** (Greece) - People here tend to take naps and fast (go without eating for short periods of time). Rather than drink cow's milk, they tend to drink or eat cheese made from goat or sheep's milk. Their diets consist of 17% greens and 20% other veggies.
- **Loma Linda, California** - Loma Linda has embraced the diet of the Seventh-day Adventist members in town. They begin their day with oatmeal or granola and their diet consists of 33% veggies and 27% fruit. Check Healthline's article on the Seventh-day Adventist diet <https://www.webmd.com/diet/what-is-the-seventh-day-adventist-diet>
- **Nicoya** (Costa Rica) - Nicoyan centenarians (people in their 100s) tend to live with families; children or grandchildren provide support, as well as a sense of purpose. They eat a lot of whole grains, mainly corn, and they eat a light dinner early in the evening. For most of their lives, Nicoyan centenarians ate a traditional Mesoamerican diet highlighted with the "three sisters" of agriculture: squash, corn, and beans.
- **Okinawa** (Japan) - The islands at the southern end of Japan have historically been known for longevity; they were once called "the land of immortals." The women here have the longest lifespan of anywhere on Earth! Okinawans tend to garden and walk in nature. They consume a lot of sweet potatoes, and elders receive a lot of respect.
- **Sardinia** (Italy) - Residents of Sardinia are culturally isolated, and they have kept to a very traditional, healthy lifestyle. Sardinians still hunt, fish, and harvest the food they eat. They remain close with friends and family throughout their lives; they laugh often and drink wine together.

For more about Blue Zones: <https://www.bluezones.com>



Russell also introduced us to Richard Overton (1906 –2018). He was an American *supercentenarian* who at the age of 112 years, 230 days was the oldest verified surviving U.S. World War II veteran and oldest man in the United States!







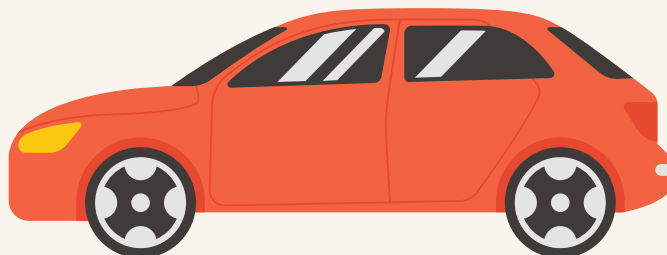
# You Can Help!



We are still looking to hire people who are just right: intelligent, creative, stable, organized, funny, enthusiastic, personable, poised, dedicated, etc! Experience with teaching and/or developmental services and/or Positive Behavioral Support is a big plus. Work

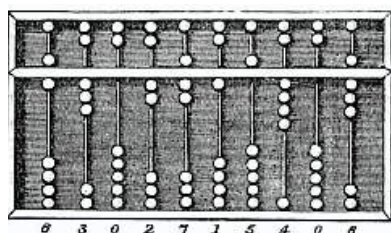
hours are M-F, 8-4 pm. Submit resume and cover letter to [cwalker@communityhomesandservices.org](mailto:cwalker@communityhomesandservices.org) or call (415) 408-3604.

And we are still looking for a used car or van. All donations to CH&S are tax-deductible. CH&S is a 501(c)(3) non-profit organization. If you have an operable vehicle that you would like to donate, please call Chas at (707) 953-3852.



## Have You Made an Abacus?

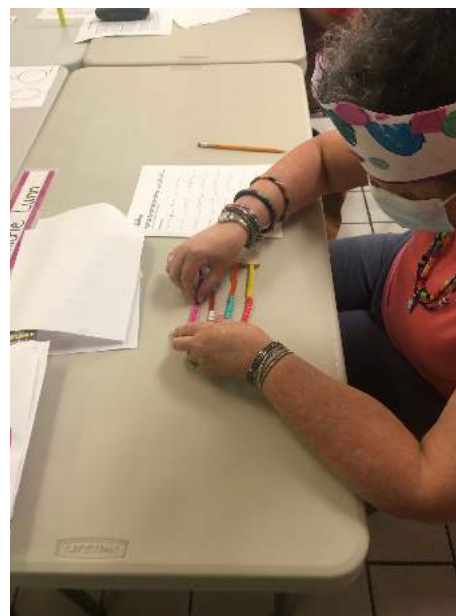
We have! The abacus (plural is *abaci* or *abacuses*), also called a *counting frame*, is a calculating tool which has been used since ancient times. It was used in the ancient Near East, Europe, China, and Russia, centuries before the adoption of the Arabic numeral system.



A Chinese abacus (*suanpan*), above. The number represented in the picture is 6,302,715,408!

Val counts on the abacus she made (right).

Making abaci are a twofer, they are art and math in one fun project!





# HAPPY HALLOWEEN

B K S H M O N S T E R Q K A X  
V O S E F F C P B K W T K X W  
I O Y N O R D L U A C X F C B  
I B X M T R I C K R E D I P S  
S D R A C U L A D Q N U H H Q  
H F D B U G R A V E Y A R D U  
Y C L Z E J J M O E I B M O Z  
K D V O Q W O C B S E M C S L  
O K A B W O A F A Z T P Q B F  
O U M O R E Y R T U S U S M H  
P K P B S F R D E S O M B U C  
S J I R E J G A N Q H P K M T  
G U R T A E R T W A G K I M I  
B A E X H F H N Z N C I R Y W  
F J H I C K X D J M G N G U E

BAT

BEWARE

BOO

BROOM

CANDY

CAULDRON

DRACULA

GHOST

GRAVEYARD

MONSTER

MUMMY

PUMPKIN

SPIDER

SPOOKY

TREAT

TRICK

VAMPIRE

WAREWOLF

WITCH

ZOMBIE



# CH&S October Birthdays



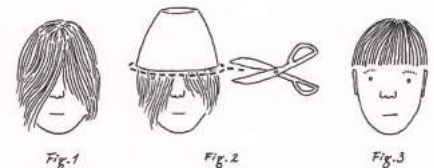
10/1 - Chas  
10/28 - Bert and Amy

## 12 Questions with Nino

1. **Name/job title:** Nino Gaetani, Uncle, Student at Life College
2. **What do you want our students to know?** I'm happy and I like my friends at Life College and Enterprise.
3. **What breed of dog would you be?** A little hound dog like my brother's dog Dolly
4. **What would your superpower be and why?** Super strength because I like Superman
5. **What is your favorite ice cream flavor and ice cream topping?** Rainbow sherbet with whipped cream. (With a cherry on top? "Yes, please.")
6. **Who is your favorite Disney hero or heroine? Would you trade places with them?** Gaston. Yes! I like the music in the movie. I would drink the raw eggs.
7. **What fruit or vegetable would you most want to be?** A banana
8. **Have you ever been told you look like someone famous, who was it?** I'm famous!
9. **If you could bring back any fashion trend what would it be?** Tennis shoes with wheels.
10. **What's the most embarrassing fashion trend you used to rock?** Bowlcut.
11. **If you were famous, what would you be famous for?** My dance moves from the Friday night dance. I'm a good dancer.
12. **What's your favorite sandwich and why?** Bagel sandwich with pesto sauce.



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Pearson Scott Foresman, Public domain, via  
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# Andrew's Corner

## Why leaves change color

Leaves appear green because of the pigment *chlorophyll*, which is the key to *photosynthesis*.

When temperatures and daylight hours begin to drop in the fall the chlorophyll production declines and other colors, created by pigments called *carotenoids* (which also cause the pigmentation of pumpkins and carrots) are revealed, leading to the leaves gaining orange and yellow pigments.

Some mixtures of pigments give leaves the reddish and purplish colors such as dogwoods and sumacs, while others give the sugar maple leaf its orange color.

Some good places to see leaves change color are Brooklyn, Taos and the Catskills Mountains.



By Nhobgood - Own work, CC BY-SA 3.0,  
<https://commons.wikimedia.org/w/index.php?curid=5616789>



By Ernst Haeckel - Kunstformen der Natur (1904), plate/planche 49: <https://commons.wikimedia.org/w/index.php?curid=539128>



By Chris Glass, Cincinnati, USA - flickr.com, CC BY 2.0,  
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Bio: Andrew Newson is a student at Life College and is 23 years old. He likes comic books, video games, hiking, exploring new places with his mom.... and babies. He is an authority in all things Star Wars, Star trek and great places to go in the Bay Area. He is currently learning Mandarin and loves learning new things





# Very Superstitious

Since Spooky Season is upon us, Martha, Katie, Nino, and Jen put together a knowledge class all about superstition and luck.

**Do you feel lucky?** Keep your fingers crossed and hold onto your lucky rabbit's foot! Here are some things that are considered lucky: 4 leaf clovers, ladybugs, hanging a horseshoe over your door (but only upside down--the good luck will fall out if you hang it right side up!) Crossing paths with a black cat, walking under a ladder, opening an umbrella indoors, and breaking a mirror are all considered bad luck.



## Make a Wish!

- Blowing out birthday candles
- Blowing on a dandelion
- Throwing a penny in a fountain
- Finding an eyelash on your cheek
- Seeing a shooting star
- Breaking a wishbone
- 11:11 on a clock
- Holding your breath in a tunnel
- Finding a genie in a lamp (3 wishes!)



## Poetry time!

Fill in the blanks of these superstitious rhymes.

1. See a penny, pick it up. All day long you'll have \_\_\_\_\_.
2. Step on a crack, you'll break your \_\_\_\_\_.
3. Something old, something new, something borrowed, \_\_\_\_\_.

**Answers:**  
1. good luck  
2. mother's back  
3. something blue

# October 20th is International Sloth Day

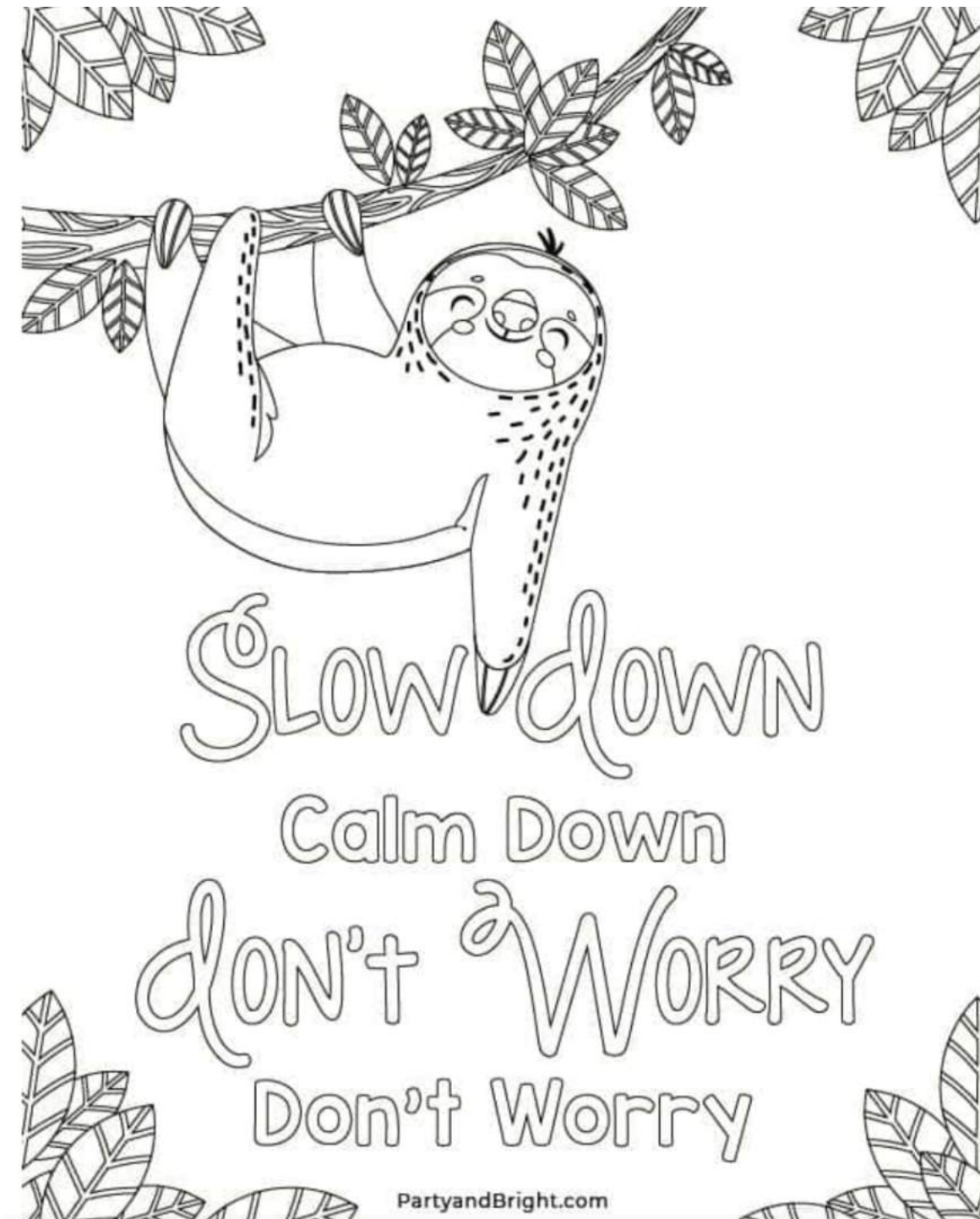
## What do sloths eat?

Sloths munch on leaves, twigs and buds. Sloths don't have incisors, so they trim down leaves by smacking their firm lips together. Since they have a low metabolic rate, sloths can survive on relatively little food; it takes days for them to process what other animals can digest in a matter of hours.

## Do sloths ever leave the trees?

Sloths spend a majority of their time up in the canopy, coming down only one time per week to relieve themselves. The trees provide a natural protection from predators such as jaguars and eagles; it's safer for sloths to remain motionless and camouflaged off the ground. They will, however, venture down on rare occasions to find more food or a mate.

Enjoy the sloth coloring page below...





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## Halloween Party

BY KENN NESBITT

We're having a Halloween party at school.  
I'm dressed up like Dracula. Man, I look cool!  
I dyed my hair black, and I cut off my bangs.  
I'm wearing a cape and some fake plastic fangs.

I put on some makeup to paint my face white,  
like creatures that only come out in the night.  
My fingernails, too, are all pointed and red.  
I look like I'm recently back from the dead.

My mom drops me off, and I run into school  
and suddenly feel like the world's biggest fool.  
The other kids stare like I'm some kind of freak—  
the Halloween party is not till next week.

# October 2021 Connection Magazine

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of any size or kind.  
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